

October 2009

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 4, Issue 8

Share with parents and teachers:

Healthy Halloween Party

Recipe Ideas

http://www.nourishinteractive.com/free_printables/fun-kids-halloween-party-food-healthy-ideas-easy-halloween-party-foods-recipes.pdf

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Be a Nutrition Role Model

Here are five great tips for being a nutrition role model for parents. Not only can parents use these tips, but teachers and administrators can apply these rules to their school.

- **Eat together**—Have everyone eat their fresh fruits and vegetables together. You can use this time to talk about the fresh fruits and vegetables.
- **Minimize Food Rewards**—Try something more physically active for a reward such as an extra recess.
- **Teach Moderation**—Talk to the students during their fresh fruit and vegetable snack about portion sizes
- **Encourage Variety**—Encourage the students to eat and try a variety of fruits and vegetables. Make every student try one bite. Children need to be introduced to new foods multiple times.
- **Get Kids Involved**—Get the students involved by having them pick up the classrooms fresh fruits and vegetables from the cafeteria. Purchase a fruit and vegetable tray and have a taste testing.

Read the full article for more information on these five tips.

Source: <http://www.makinglifebetter.com/vitality-wellness/article/be-a-nutrition-role-model>



On Saturday, September 19, 2009, Lima Brighton Elementary at Lakeland School Corporation entered the local Indian Summer Day parade to promote the

FFVP. Fresh fruits and vegetables lined the front of the float while student colored fruit and vegetable pictures acted as a back drop for the float. The students held onto giant painted fresh fruits and vegetables throughout the parade. They even were able to get a Dole banana costume for the parade which was wore by the school's principal. The announcer told the crowd about the FFVP program and encouraged parents to serve fresh fruits and vegetables at home. A picture of the float and an article explaining the program and encouraging parents to offer fresh fruits and vegetables at home made the local paper. The float won Best Float! What a great way to promote your FFVP and get your community to eat more fruits and vegetables. Way to go Lima Brighton!

Lima Brighton Parade



Why be a Team Nutrition School?

Are you a Team Nutrition school? There are many great benefits to being a Team Nutrition school. Being apart of Team Nutrition is for those schools, who are interested in foodservice training and technical assistance, nutrition education for children, and school and community support for healthy eating and physical activity. Why join Team Nutrition?

- Receive free resource materials: <http://tn.ntis.gov/>
- Be eligible to receive Team Nutrition grants for your school.
- Be apart of the Team Nutrition Listerv (TN Listerv). The TN Listerv is a great way to network with other schools.
- Receive a quarterly Team Nutrition Newsletters
- Keep up to date with other grants available to your school

In order to be a Team Nutrition school, you can go to Indiana's Team Nutrition website at <http://www.doe.in.gov/food/training>. On the right side of the page, click the Join Team Nutrition link.

Not sure if you are a Team Nutrition school? You can go to the same Join Team Nutrition link and find your school in the database.

You can join the TN Listerv by going to the same link.

If you have any questions about Indiana's Team Nutrition, you can contact Heather Stinson at hstinson@doe.in.gov or by phone at 317-232-0850 or 1-866-234-1414.





Portion Distortion

Have you noticed how big portion sizes have gotten? Here is a great website that gives you two PowerPoint presentations which features how portions have been distorted over time. It features a variety of foods and their portion sizes from 20 years ago until now. It also provides the calories that are contained in both and how much activity would be required in order to burn off the extra calories. The website has also provided a great menu planner to help track a persons daily food intake. You can download and laminate serving size cards from the website which can remind you of accurate serving sizes. Want to compute your BMI? Use their BMI calculator to see where you fall.

<http://hp2010.nhlbihin.net/portion/index.htm>

Portion Distortion

BAGEL

20 Years Ago	Today
	
140 calories 3-inch diameter	350 calories 6-inch diameter

Calorie Difference: 210 calories

SERVING SIZE CARD:
Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like	1 Serving Looks Like
GRAIN PRODUCTS 1 cup of cereal flakes = fist 1 pancake = compact disc 1/2 cup of cooked rice, pasta, or potato = 1/2 baseball 1 slice of bread = cassette tape 1 piece of cornbread = bar of soap	VEGETABLES AND FRUIT 1 cup of salad greens = baseball 1 baked potato = fist 1 med. fruit = baseball 1/2 cup of fresh fruit = 1/2 baseball 1/2 cup of raisins = large egg
DAIRY AND CHEESE 1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices 1/2 cup of ice cream = 1/2 baseball	MEAT AND ALTERNATIVES 3 oz. meat, fish, and poultry = deck of cards 3 oz. grilled/baked fish = checkbook
FATS 1 tsp. margarine or spreads = 1 dice	FATS 2 Tbsp. peanut butter = ping pong ball

Classroom Activities

Need some fun interactive activities for the classroom? The BlueCross/BlueShield has developed a bingo game and several word scrambles with answers for fun interactive learning. These bingo games and word scrambles can be used during classroom downtime, at parties, during specials, in your school's newsletter, or as fun take home worksheet. In addition to the bingo games and word scrambles, the BlueCross/Blue Shield developed a one page worksheet to help your students focus on using their home downtime for other activities other than watching TV. You can use this worksheet as a class discussion, in your fruit and veggie baskets, or as a school announcement.

http://www.bluecrossma.com/common/en_US/pdfs/52625_classroom_activities.pdf



Take the Play with your Produce Classroom Challenge. Being a FFVP school, you are in a great position to receive money or prizes for your school by participating in the Play with your Produce Classroom Challenge.

There are specific criteria in which the activity must involve:

- Focus on getting kids to eat more fresh fruits and vegetables
- Feature at least three (3) PFK [sponsor's products](#)
- Involve the entire classroom
- Be original, innovative and creative
- Can be replicated and used in other classrooms/schools

Entries are limited to one per classroom but multiple classrooms from the same school may enter the contest. Entries for the contest must be received between *September 7 – November 13, 2009*

Source: <http://www.produceforkids.org/teachers/contest.html>



Fruits and Vegetables Parent Handout

How Do I Get My Kids to Eat More Fruits and Vegetables?

1. Don't give up!

- Sometimes a kid loves a new food at first taste – other times, it takes many tries.
- Use the **ONE BITE RULE** – ask kids to try just one bite.
- If they don't like it, that's fine – no need to force.
- But keep offering new fruits and vegetables – soon your child will be asking for more!

2. Be a good role model

- Regularly eat meals with your kids and model healthy eating.
- Try this – take a large helping of salad and say, "I love this!" Your kids will be happier to try salad and soon say they love it, too!

3. Let kids make decisions between healthy options

- Offer your child two or three healthy choices to pick from.
- Choosing between carrots and peas shows kids their opinions matter.
- Ask kids to pick the fruit or vegetable for a meal.



4. Kids like to eat what they make

- Help your child look in cookbooks, magazines, newspapers, and online for recipes.
- Let them help make a shopping list.
- At the supermarket they can have fun hunting for fruits and vegetables.
- Back at home enjoy preparing the recipe together. Try this one!



Confetti Bean Salsa

- 1 can red or black beans
- 1 cup frozen or canned corn, cooked and drained
- 2 fresh tomatoes chopped
- ¼ white onion chopped
- ¼ cup chopped fresh cilantro
- Juice of one lime or 2 tsp lime juice

1. Mix all of the ingredients.
2. Dip raw broccoli, baby carrots or slices of whole wheat tortillas, corn tortillas or pita bread in the salsa and enjoy!



Frutas y Verduras Folleto para Padres

¿Cómo Le Hago para que Mis Hijos Coman Más Frutas y Verduras?

1. ¡No se rinda!

- Algunas veces a los niños les encanta una comida nueva la primera vez—otras veces, puede tomar varias veces.
- Use la regla de **UNA MORDIDA** – pida a los niños que prueben sólo un bocado.
- Si no les gusta, está bien – no hay necesidad de que coman a la fuerza.
- Pero siga ofreciendo frutas y verduras nuevas – ¡Pronto su niño le pedirá más!

2. Sea un buen modelo de conducta

- Coma regularmente con sus hijos y modele el comer saludable.
- Intente esto – tome una porción grande de ensalada y diga, "¡Me encanta!" ¡A sus hijos se les antojará la ensalada y dirán también que les encanta!

3. Deje que los niños tomen decisiones entre opciones saludables

- Ofrezca a sus niños dos o tres opciones saludables para que elijan.
- Elegir entre zanahorias y chícharos les demuestra que su opinión importa.
- Pida a los niños que elijan la fruta o la verdura para una comida.



4. A los niños les gusta comer lo que preparan

- Ayude a sus niños a buscar recetas en libros de cocina, revistas, periódicos y en el internet
- Deje que ayuden a hacer la lista del mandado.
- En el supermercado ellos se pueden divertir cazando frutas y verduras.
- De regreso en casa diviértanse preparando la receta juntos. ¡Intenten esta!



Salsa Confeti de Frijoles

- 1 lata de frijoles negros o rojos
- 1 taza de maíz enlatado o congelado, cocido y escurrido
- 2 jitomates frescos cortados
- ¼ de cebolla blanca picada
- ¼ taza de cilantro fresco picado
- Jugo de un limón o 2 cucharadas de jugo de limón

1. Mezcle todos los ingredientes.
2. Coma la salsa con brócoli, zanahorias bebé, o tortillas de maíz o trigo integral o pan de pita.